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TWO LETTERS

ON

CASES OF CURE

AT

FAUQUIER WHITE SULPHUR SPRINGS;

EMBRACING, ALSO,

MINERAL WATERS IN GENERAL.

BY REV. T. STRINGFELLOW.

WASHINGTON:
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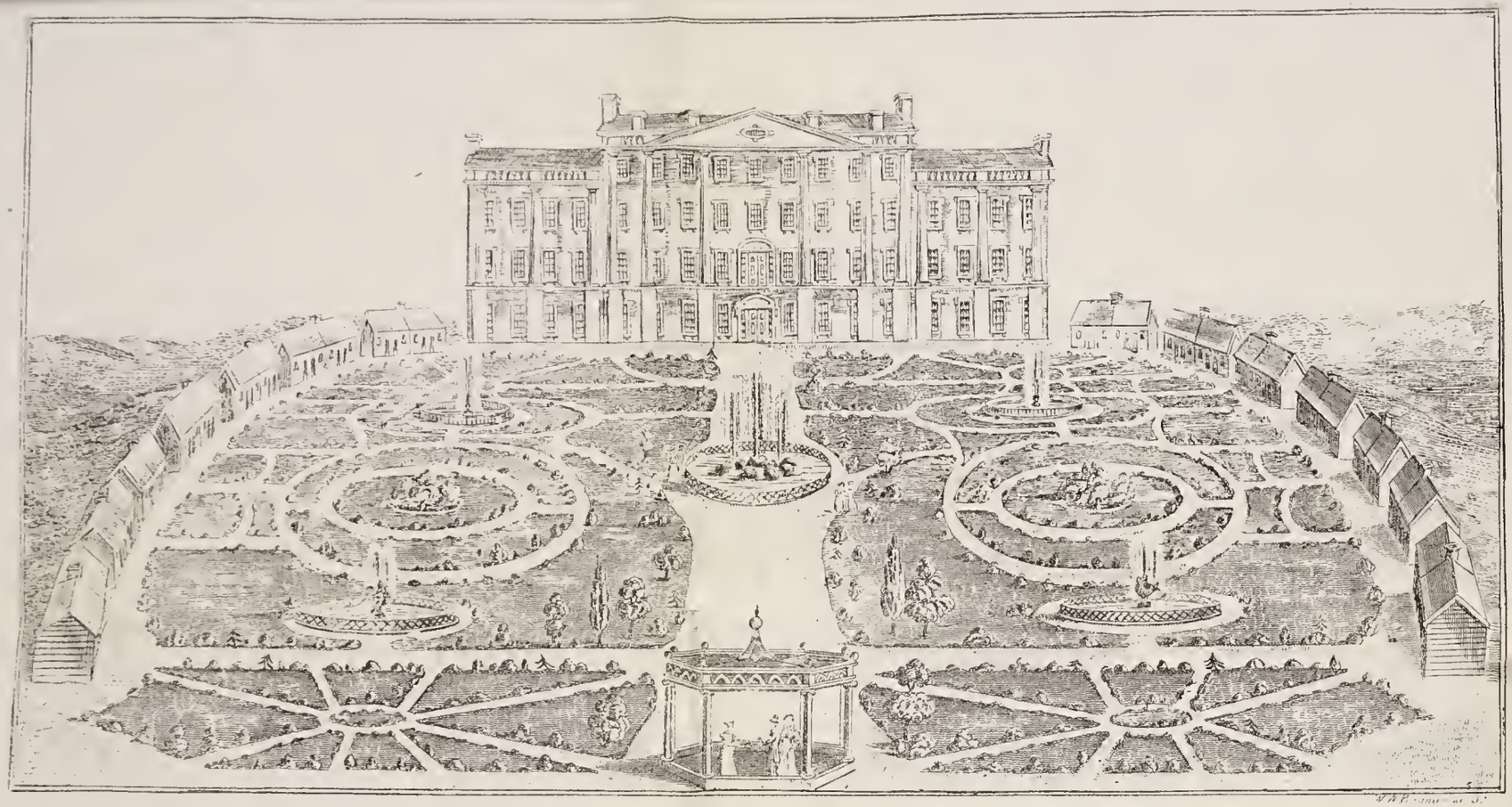
1851.



Fauquier White Sulphur Springs Va.

50 Miles West from Washington D C.

This extensive and highly improved establishment is opened for visiters annually, on the 1st of June, and closes on the 1st of October. Invalids are accommodated at all seasons.

Heretofore, it has been difficult of access: But the Alexandria and Gordonsville Railroad, now rapidly approaching completion, will bring travellers from the North and South, within 7 miles, and pleasant conveyances over a paved road will complete the trip. The Manassa Gap Railroad, connected with Winchester by a short plank road, will offer equal temptations to the inhabitants and sojourners of the lower valley, which the Central Railroad tenders to the upper counties. The Rappahannock River, now navigable to the Springs, will soon be graced by the enterprising steamboat, which will vie with the Stage Line in the transportation of passengers from Fredericksburg, 38 miles below.

Notwithstanding the difficulty of approach heretofore existing, and so soon to yield to almost unequalled facilities, no Watering Place in the country has, for a series of years past, been more the resort of invalids and fashionable society. The heating qualities of the waters are well established; and by many are regarded as inferior to none in our country. A first-rate band of Music——spacious Ball Rooms and Parlors——extensive porticoes, and paved walks——a well supplied table and bar, and almost every species of legitimate amusement, unite in driving "dull care away," while the climate and the waters improve the health.

Terms of board are as follows, viz: For the season, 80 dollars; for three months, 75 dollars; for two months, 60 dollars; for one month, 35 dollars; for two weeks, 18 dollars; one week, 10 dollars; per day, one dollar and seventy-five cents; meals and lodging, each 50 cents. Children under twelve years, and servants, half price. No charge for children under three years. Horses, 50 cents a day, or 10 dollars a month.

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FAUQUIER WHITE SULPHUR SPRINGS;

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BY REV. T. STRINGFELLOW.

STEVENSBURG, CULPEPER, Va., 1851.

BROTHER TAYLOR: In 1849 I addressed you, through the Herald, a communication on the subject of mineral waters *in general;* and stated, that I had solicited of the proprietors, for publication, some cases of relief obtained at the Fauquier White Sulphur Springs *in particular*. These cases were not furnished me until I visited these springs in 1850, at which time the opportunity was afforded me of watching, in person, the action of these waters on various forms of chronic suffering, and of extending the range of my information as to cases of cure which they had been effecting for many years past.

When I commenced writing out these cases in detail I was met by difficulties which I had not anticipated, and was for a time at a loss to know how to dispose of them. In the first place, some were cases the details of which the subjects of them were unwilling to have published in connexion with their names. Secondly, some were cases in which family objections were interposed against making the subjects of them known. Thirdly, some were cases in which it was thought medical advisers might possibly suffer in their feelings. And in the fourth place, some were cases in which it was thought that comparisons with other springs might possibly affect the feelings of their proprietors.

I saw but one way to avoid the three first difficulties: that was to generalize; and, with the exception of a few persons now dead, to suppress the names of patients and physicians altogether. But, in adopting this plan, I well knew the truthfulness of the statements would be rendered suspicious. Well, as I have no motive to deceive or be deceived, I have determined to make myself responsible (as I now do) for the address (in confidence) of every person now living that is referred to: or for the address of those who were vouchers for some of the cases as I report them; so that any one, feeling interest enough in the general facts to act upon them, may investigate their truthfulness, through the mail, as fully as they wish.

Upon reflection I deem the plan of generalizing the better one, inasmuch as disease has been reduced by science to what may be called families. While in each family it is admitted there is great variety in individual cases, yet it is conceded that they all make up one family, which is known by one common name.

To medical man the right belongs of settling the category to which a par-

ticular case belongs. When, therefore, an invalid ascertains from men of science to what class or family of disease his belongs, he then wishes to know, in reading a communication of this kind, whether the water has cured diseases of that class or character. If it has, then a ground of hope is furnished that his may be cured also.

I have used all the caution I could to guard against pathological mistakes. The cases reported received their medical character from men of science, and most of them from men of eminence.

If the case noticed was a very aggravated one, or if it resisted the usual remedies, &c., why, then these facts are stated. This was deemed necessary to prevent despair among invalids whose cases were desperate, as well as to encourage hope in cases of a milder form.

With respect to the fourth difficulty, about other mineral waters failing to cure patients who were afterwards relieved by the Fauquier White Sulphur, it is enough to say that failing to cure a particular case often happens without prejudice to the character of a water, because large numbers are cured by that water in the same class of cases.

One of the prominent objects I have had in view has been to ascertain, as correctly as I could, the various forms of chronic suffering for the cure of which the Fauquier White Sulphur water might be looked to with confidence; and to ascertain also the intensity of the particular cases which I have reported as relieved. From all our mineral springs such information ought to be furnished by some one for the benefit of suffering humanity. Thousands visit them annually for relief, whose object is unknown to any one connected with these establishments. Many, with none to guide them in the use of these waters, are relieved of hopeless maladies, and the fact remains unknown to the world. This ought not so to be.

The power and adaptedness of the Fauquier White Sulphur water for the cure of diversified forms of chronic suffering is truly surprising, and certainly furnishes a rational ground of hope to thousands who are in hopeless conditions of suffering. The same is true, no doubt, of other waters, if the fact was known.

Now I am sure, my dear sir, that the potency of mineral waters, as indicated by the cases which follow, will surprise you. But when you reflect that science has disclosed the fact that in one gallon of mineral water there floats more than one hundred and fifty grains of solid active medical material, (to say nothing of an immense volume of the most powerful gases which are perpetuated in the system by re-production,) and that that material consists of iodine, sulphur, the various combinations of soda, magnesia, and other ingredients of activity and power, and that these waters, by a law of their own, are taken up by absorption, enter into the circulation, change the consistence and composition of the fluids, course through the system, and apply the medical material which they hold in solution, to every surface and tissue, imparting natural energy to the entire organism, then your surprise will cease and the wonder will be why so little is known of them.

The quantity and kind of gas, or of solid medical material, is shown by analysis not to be the same in any two springs. In some one among them provision has been made, in all probability, for relief in every form of chronic suffering. The efficiency of the Fauquier White Sulphur in so many forms of disease is owing to some peculiar combination in the quantity and quality of the medical material and gas in the water.

This water makes a sensible impression on all who drink it fresh from the spring; yet the number of patients unable to use it with profit, in its fresh state, is very small; indeed it is not certain that there are any; thus showing a peculiar adaptedness in the water to the diseased system in its various modifications, which is remarkable, and which is known not to exist in some of the other springs.

I have classified the various cases reported, under the medical names by which the diseases are generally known. In this way they can be the more readily referred to by those interested in examining the list. I begin with dyspepsia, because it is by far the most common form of chronic suffering on the Atlantic side of the Union. I have selected out of an untold multitude of cases of this disease a few only; they are cases of prominent individuals. I selected the cases of *such individuals* because, in the first place, they had every advantage in securing the best medical aid; and, in the second place, they were individuals who had the disease in such intensity as to baffle the best efforts which science could make for their relief.

As the character of all these cases was settled by the medical profession, and as the inefficiency of the highest skill to effect relief in their cases was demonstrated, it seemed reasonable to suppose that there was an adaptedness and power in the water to cure this disease in its most intense form, and in its most hopeless stages—and if in its most intense form and hopeless stages, then, certainly, in its milder forms and less hopeless stages.

In some of these cases functional derangement appeared to predominate in the nervous system; in others, in the liver; in others, in the stomach, bowels, or kidneys; but all yielded alike to the action of the water.

I took some pains to gather what may be called public opinion as to the adaptedness and power of this water to cure dyspepsia; and so far as I could ascertain, there was, among intelligent men from all sections of the Union, who had enjoyed opportunities and witnessed its effects, but one opinion—and that was, that it would certainly cure dyspepsia if fairly tried.

DYSPEPSIA.

Case 1st.—The first case I will notice of this disease was one that perhaps could not be surpassed in intensity. It had baffled the highest skill of the Union for some years. The subject was Mr. Lawrence, (now dead) principal of the Rappahannock Academy. He had tasted flesh, previous to his arrival at the springs, but once in three years, and that a piece of mutton, which threw him into spasms. His suffering was very exquisite. His flesh had wasted away; his digestive powers were barely sufficient to preserve life.

He was brought to the Fauquier White Sulphur Springs, and used the water. In a very few days he was the subject of appetite; relieved of pain; digesting his food well; sleeping sweetly; and in two months had gained forty pounds in weight, and possessed the physical energy which led him to prefer, in returning home, a walk of forty miles on foot, that he might show his friends in Fredericksburg that he was well, sooner than to return in a carriage or on horseback.

Case 2d.—The second case of dyspepsia that I will notice is that of Mr. Waldie, of Philadelphia, (author of "The Library.") He was the subject of this disease in its most hopeless form. All that skill could do in that city of medical fame was done to restore him. According to his own statement, the remedies used did not prove to be even palliatives.

He came to the Fauquier White Sulphur, used the water, and began at once to improve. Food was soon gratefully received; the nervous system soon became quiet; rest proved to be refreshing; strength went up rapidly; an equal circulation was soon obtained; the secretive organs soon performed their functions well; the *energizing* and *alterative* power of the water triumphed, and before he was well aware of it he was in health, and so remained.

Case 3d.—The third case is that of a lady, who, soon after her marriage, in a state of fine health, became a dyspeptic, and in many other respects the subject of great physical derangement. An eminent physician gave her his constant at-

tention; and, in addition, consulted with the most eminent skill of the Union as to the best course to be pursued for her recovery. It was all unavailing; and the conviction was forced upon her medical adviser that human means could not save her. He then advised a trial of Fauquier White Sulphur water. She was brought to the springs, and her physician, upon her arrival, assured the superintendents that if she had slept five minutes in three weeks, it was not known to any human being. One glass of the water was given her on the evening of her arrival; in twenty minutes after drinking it she was in a sweet sleep, from which she did not awake until the next morning. From that time she suffered very little distress of any kind; in less than a month she was, to all appearance, in health, returned home, and the first drink of common water she took threw her into spasms; she returned to the springs again—was at once relieved—and, to confirm her health, remained at the springs for some time. She then returned home again, and has enjoyed fine health ever since—a period of several years.

Case 4th.—The subject of this notice was a female, twelve years old, the daughter of an eminent physican, of enviable reputation as a man. In describing her case he says: "She was of cheerful temper and active habit, having previously enjoyed good health;" that "in the summer of 1834 she was attacked with symptoms of dyspepsia;" that, "for some months the disease made but little progress," and that he "flattered himself," during this time, "that her age, a good constitution, with the usual palliatives, would soon restore her to health; but that," after this, "the disease made fearful progress;' that "flatulence, oppression, and pain in the stomach, were always present after eating;" that "emaciation and depression of spirits kept pace with the other symptoms; that several" of the most eminent "physicians were consulted. That carminatives, opiates, anti-spasmodics, anti-acids (recommended for a most distressing symptom in her case,) were all tried, without relief." That, "in about nine months she was literally a skeleton; that nothing could now be taken into the stomach without producing great agony; that everything solid or fluid, whether medicine or food, was equally certain to produce this effect; that her suffering became so extreme, she determined to starve herself to death; that this design was counteracted by nourishing enema, until she was persuaded to try food again; that, after this, large doses of the tincture of Valerian sweet oil and paregoric rendered a little food *tolerable*, until she was taken to the Fauquier White Sulphur Springs; that her arrival made an impression upon all who saw her, that will never be forgotten." He says, in conclusion, "her convalescence was immediate and rapid; that in a few weeks she returned home free from disease, and continues in the enjoyment of excellent health." This statement was made three years after her recovery.

Case 5th.—The subject of this notice is a gentleman well known at the Fauquier White Sulphur Springs. He was afflicted with what his physician called liver complaint, for twelve years. After the first five or six years they frequently called it dyspepsia. He employed in all ten physicians; and the most of them were gentlemen *distinguished* for medical skill. During all this period he was wasting away, and became more and more diseased in his general system. His stomach would scarcely receive or retain food enough to keep him alive. He was a great sufferer in various forms. Nothing administered by his physicians made any impression, whatever, on the disease. He was *providentially* led to use Fauquier White Sulphur water, and felt improvement immediately; he continued its use, and was soon well, and continues, after the lapse of several years, as fine a specimen of health as can be found in any country. This gentleman, for several years, could span his thigh with one hand; but soon after commencing to use the water he received an accession of fifty-two pounds of flesh. This case originated in, or rather followed, a severe attack of bilious fever.

Case 6th.—This is a case which was reported to me by a gentleman of great intelligence and of the highest respectability. He witnessed the cure many years ago; and although he could not remember the name of the subject, yet, such was the condition of the patient, and the impression made upon his mind by the cure, that he urged me to publish the general facts. The subject of the cure was a youth of about eighteen, of the county of Prince William, brought to the Fauquier White Sulphur Springs by his mother, who was a lady of intelligence, and who had availed herself of the best medical assistance in behalf of her son without any benefit. He says that such was the emaciation of this young man, that his mother handled him in her arms as an infant, and that of all the hopeless cases he had ever seen, this was the most hopeless. He drank the water, and in something like a month he was restored to perfect health.

Case 7th.—This is the case of a medical gentleman from a neighboring State, who threw the whole weight of his influence, and all the advantages of his exquisite taste and architectural skill, into the lovely arrangement which has been since made at this spring for the gratification and comfort of its visitors. This gentleman, after years of suffering, which bid defiance to medical skill, was *accidentally* brought to this spring. It was before the present arrangements were made for the accommodation of the public. To be brief—he drank the water, and in three or four weeks was made whole. In this short time, from a walking skeleton he became a fine-looking man, and continued the subject of excellent health.

Case 8th.—The subject now referred to is a young lady about sixteen years of age. When she arrived at the springs she had been the subject of special medical attention for upwards of five months without the slightest benefit. During all this time her stomach had invariably ejected the food of each meal. In various ways she was the subject of great physical derangement. The prospect of her recovery was gloomy indeed. From the fifth day after commencing to use the water her stomach retained the food she ate: in a month she was in perfect health, and so remains.

Case 9th.—The subject now referred to was a young gentleman of cultivated mind and delicate constitution, who had been the subject of dyspepsia for several years. He had sought relief at the hands of eminent men, and also at several watering-places. The year he visited the Fauquier White Sulphur Springs he grew much worse, and previous to his visit was induced, by the advice of a very distinguished medical friend, to submit once more to medical treatment. Instead of improvement, however, vitality diminished rapidly under the treatment, and every indication was discouraging in the extreme. He was then prevailed on to visit the Fauquier White Sulphur. He drank the water, and in less than two weeks it was diffused through his system, and its alterative power was visible; he grew weaker and worse, as he thought, and but for the judgment of others would have left the springs. Vitality, however, suddenly waked up after that time, and he gained in weight, in one day, one and a half pound; for several days he gained at the same rate in flesh, and in all other respects in proportion. He left the springs at the end of about three weeks in a course of rapid improvement, but certainly too soon to reap the advantages of a longer stay. In this case the want of medical science at our watering-places was clearly exhibited. But for the light science sheds upon the action of remedies, his life, no doubt, would have been sacrificed to his mistaken opinion, that he was getting worse—while, in truth, a cure was progressing rapidly under the alterative action and vatalizing energy of the water.

Case 10th.—This case was complicated—dyspeptic symptoms predominated. The subject was a lady about fifty years of age, with a thin breast, narrow chest; very bad cough, slight but frequent hœmorrhages, stricture across the chest, soreness of the bronchial vessels; much emaciated; digestive organs

much deranged. She visited the springs for the benefit of fresh air, and change of place—supposing sulphur water was improper in her case. She was induced, however, to use the water, (but very sparingly in the outset.) Improvement commenced immediately; she soon parted with all her ills, and returned home a cheerful, happy, and healthy-looking lady.

Case 11*th.*—The eleventh and last case in this category which I will report, is that of an intelligent and respectable gentleman about forty years of age. He had been the subject of medical treatment for dyspepsia until his physicians despaired of success. He was then advised to visit one of our mineral springs. He did so, but grew worse, and in despair he started home to die. On his return he passed the Fauquier White Sulphur, and was prevailed on by his friends to rest for a day and try the water. He was much emaciated; his nervous system fearfully deranged; his sleep, for three months, was but a state of distraction; and great irritation existed in some important organs. For months he had loathed food of every kind. On the evening of his arrival he drank half a glass of water; it quieted his nerves, and gave him a sweet and refreshing night's rest. He concluded to remain the next day, and drank in the course of the day three half-glasses of the water. His nerves became composed; the irritation in his system subsided; a slight sensation of appetite was experienced, and a small portion of food was received with profit. For a few days he gradually increased his quantity of water, until he reached in all three glasses per day. He improved in all respects rapidly. He then took two glasses of water at once, supposing that if one helped him so much, two would do more. It distracted his nervous system instantly, and he verily believed he was worse than ever; but abstaining from the further use of the water for that day, his system became composed again. He then used three glasses per day, and gained rapidly until tempted a second time to use a double quantity, which threw his nervous system into perfect derangement a second time. After this excessive portion escaped, he was prudent, and gained rapidly while he remained at the springs; but unfortunately he left in a very short time. It was done with an intention of returning again, but he relapsed soon after getting home, and the loss of a valuable life was the consequence.

DROPSY.

I felt anxious to ascertain the degree of encouragement held out by the Fauquier White Sulphur water in dropsies, and having been enabled to learn with certainty the character of the following cases, and the result of its use in each, I will give the information to the public—omitting others not less remarkable.

Case 1*st.*—This is a case which was given to the public by the subject of it many years ago. It is the case of the late Hon. Benjamin Watkins Leigh, of Richmond, Virginia. This gentleman was known to the nation and to the world. In the midst of his honors and usefulness he was attacked with dropsy. All that skill could do was tried in vain. He was brought to the Fauquier White Sulphur when very low. He arrived in a snow storm. During his whole stay the weather was wet and cold. After using the water about two weeks he found his bandage getting looser; it was drawn up tighter; it soon become loose a second time, and was tightened again; and so, in a very imperceptible manner, the dropsical water was known to be escaping. In about four weeks he felt well enough to return home, but was not entirely well. The cure, however, progressed, according to his own published statement, until in a short time he was perfectly relieved from the disease.

Case 2*d.*—This case is that of a lady of the highest respectability, in the county of Fauquier. She was the subject of dropsy, and of a highly diseased condition of the kidneys. Her suffering was very great. She had the best medical ad-

visers. They taxed their skill perseveringly until all hope of being able to relieve her was extinguished, and one of them was deputed to tell her husband so. She then tried the Fauquier White Sulphur. Improvement commenced immediately, and progressed steadily, until she was restored to perfect health, which took place in a short time. The following year she experienced a slight attack of hœmorrhage of the kidneys, which by two weeks' use of the water was entirely removed; and until this day—a period of some fifteen years—she has remained a specimen of perfect health.

Case 3d.—The third case is that of Mrs. Robert Mackey, of Fredericksburg (now no more.) Hers was a very hopeless case; the collection of water was very great. She used the water of the Fauquier White Sulphur a little over two weeks before any decided impression was made on the disease; but that impression, when made, was a remarkable one; in one or two hours several gallons of water were dislodged. In about one month from that time she left the springs perfectly cured.

Case 4th.—The fourth case is that of a lady of the highest respectability, in the immediate neighborhood of the springs. After a patient and persevering effort by eminent medical gentlemen to relieve her, (until hope on their part was extinguished,) she was induced to use the Fauquier White Sulphur water, (brought to her in bottles.) Improvement commenced immediately, and progressed without intermission until she was restored to perfect health. I know of no finer specimen of health than she now is, after a lapse of some sixteen or eighteen years.

Case 5th.—This is the case of a distinguished lady from the State of Maine. She was about fifty years of age; had survived an attack of dropsy about twenty years before, from which the skill of the profession relieved her; but an effort of five or six months had demonstrated in this attack the utter impotency of the highest skill of the Union to do her the least good. She came to the Fauquier White Sulphur; used the water; felt a comforting influence at once; in two weeks a decided impression was made on the disease; in a few weeks more she was in perfect health, which she still enjoys.

Case 6th.—This was a worthy man, in the humbler walks of life, who had been under the constant attention of a distinguished medical gentleman for five months—who, perceiving that he could not arrest the disease, advised his patient to try the Fauquier White Sulphur water. This man was about the meridian of life, and of good constitution. In something less than two weeks a large deposite of granular matter, as if tinged with blood, was discharged from the kidneys; from this time the dropsical water was perceptibly escaping; the symptoms rapidly improving; and in about two weeks more he considered himself well. But surely it is great imprudence to leave the springs in such a case until a cure is confirmed—when there is something like certainty that it will be realized.

Case 7th.—The subject now referred to is a gentleman of great respectability, who was considered by all his acquaintances to be in a dropsy—yet he refused to employ science. The gentleman who reported this case to me is one among the most amiable, intelligent, and respectable gentlemen in the State. He stated that such was his solicitude for the subject of this notice—who was his particular friend—that he used all his influence to induce him to visit the Fauquier White Sulphur Springs. He succeeded in doing so. The patient remained at the springs, and used the water but five days—being compelled, as he thought, by the state of his business, to leave at that time. The gentleman who vouches for this case stated to me that improvement commenced with the first drink of the water—went on rapidly during the five days of his stay, and progressed after leaving the springs, until in a very short time he was entirely relieved of all symptoms of the disease.

Case 8th.—This is the case of a lady about fifty-five years of age. When she reached the springs—having none to guide her—she drank the water too freely. It salivated her and made her very sick. She determined to leave as soon as well enough; but was afterwards induced to remain, and try the water in more moderate quantities. She then mended very rapidly, and soon thought herself well enough to leave the springs, and did so, contrary to the earnest entreaty of all her friends. She relapsed, and then returned to the springs, and in a course of hopeful improvement left again; and in returning home was overtaken in a storm, took cold, relapsed, and died. This and other similar cases should admonish all who seek health at mineral waters to be patient and persevering in the course they pursue to obtain it.

DISEASES OF THE KIDNEYS.

For diseases of the kidneys some of the Alleghany springs are looked to as being peculiarly adapted. I was particular in searching for reliable information as to the action of the Fauquier White Sulphur water in this form of suffering.

Case 1st.—The first case which I will report is that of a gentleman well known in the city of Richmond. In addition to a disease of the kidneys, he had a weak breast, and was threatened with consumption. For this reason, his medical advisers were afraid for him to use sulphur water; but being hopeless of relief, after persevering efforts had been made in his behalf by medical skill, he visited the Fauquier White Sulphur Springs, and in a very short time was the happy recipient of a perfect and abiding cure.

Case 2d.—The subject now referred to is a gentleman of high standing and intelligence, who has been favorably known in our public councils, and of the most sterling integrity and conscientiousness. He is about fifty years of age. He informed me that for many years his kidneys had been diseased; that he had had frequent and violent attacks, attended with great pain; that deposites of blood and corruption were discharged in these attacks; that they were soon followed by inflammation and fever; that medical skill had furnished palliatives, and nothing more; that, in the intervals between his attacks, aching and distress (more or less severe) were always present; that, on his first visit, twenty-four hours' use of the Fauquier White Sulphur water entirely relieved him from all sense of the disease; that subsequent attacks had been few and far between; that they had abated in intensity at each subsequent paroxysm; and what is most remarkable, the water entirely relieved each attack in two hours from the first drink. Another remarkable fact in his case is this, that he never used the water more than one day at any one visit to the Fauquier White Sulphur Springs.

Case 3d.—This is the case of a gentleman venerable for age, and distinguished through life by public honors and private virtues. He informed me that his life had been prolonged and made comfortable many years by the Fauquier White Sulphur water for a hœmorrhage of the kidneys.

Case 4th.—This is the case of a gentleman of intelligence and the strictest integrity. He informed me that, for years, he was the subject of constant disease, attended with painful sensations in the kidneys and kindred organs; that medical treatment had afforded no palliation to the distress. He used the Fauquier White Sulphur water; was very soon relieved entirely, and has felt nothing of the disease since—a period of several years.

Case 5th.—This is the case of a lady of distinction, who had been previously relieved of the dropsy by the Fauquier White Sulphur water. About one year after her recovery from the dropsy, she was attacked with a hœmorrhage of the kidneys. The use of the water a short time entirely relieved her, and she has been distinguished for the best of health ever since—now a period of several years.

CHRONIC DIARRHŒA.

This is a form of disease not very common, but often very unmanageable. I was gratified to learn that cases of the worst type had been submitted to the action of the Fauquier White Sulphur water, and that the result was most gratifying.

Case 1st.—The first case which I will report was that of a gentleman of about sixty-five years of age, of good constitution, and belonging to one of the old and venerable families of our State. He was attacked with dysentery, which ran on for something like a year, when it assumed the form of chronic diarrhœa. In this form it ran on for the next six months. During this period he was in the hands of eminent medical men. His physicians, unable to arrest the progress of the disease, called to their aid the highest skill that could be commanded. The result was, a conviction that, in a very few days (at most ten) the patient must die. Just at this stage he was brought to the Fauquier White Sulphur Springs, in the month of August. He used the water; in about two weeks a decided impression was made on the system; in about two weeks more the patient was well, and has so remained for several years.

Case 2d.—This was a respectable gentleman now living—a member also of one of our old and venerable families—who was about seventy years of age at the t me. After the disease was well defined, and science had labored in vain to effect relief, and all hope of recovery was abandoned on the part of his physicians, he was brought by their advice to the Fauquier White Sulphur Springs in the month of February. He used the water; in the first two weeks his system fully acknowledged its alterative power; in two weeks more he was well, and so remains after a lapse of several years.

Case 3d.—This is the case of a man in moderate circumstances, but of amiable character. He was the subject of chronic diarrhœa in its most virulent form. Early in the spring of the year—when very low—he was brought to the Fauquier White Sulphur Springs. He used the water. For about two weeks its alterative power was manifested, but with much discouragement to the patient, until its energizing influence began to be felt; after which, in two weeks more, he was made whole, and so remains after a period of several years.

Case 4th.—This is the case of a young gentleman of cultivated mind, belonging to one of the first families of the State. In the judgment of science, he was the subject of chronic inflammation of the stomach. For six years the disease had increased in intensity. For the last year of the six he had had constant diarrhœa. He sought relief from medical skill, and from the water of nearly all the celebrated mineral springs of the State, without any improvement whatever. He came to the Fauquier White Sulphur. In a short time he was restored to health. Between that visit and the next season his health was very slightly interrupted. He then used the water a second time, and has been in perfect health ever since, although his disease was a constitutional inheritance from his father, who died of it after seeking relief from the highest skill, and from all the celebrated springs of his day.

FEMALE COMPLAINTS.

The effect of the Fauquier White Sulphur water on such derangements of the female system as often baffle the highest skill of the profession, is truly gratifying. To see the lovely buds of spring, just as they begin to shed their fragrance upon the surrounding atmosphere, and the trees of autumn, just as they have borne their full crops of rich fruit, sicken and die, in spite of all the attention which skill and experience can render, is painful in the extreme. I will only add that I have been favored with testimony the most unquestionable,

that the Fauquier White Sulphur water acts like a charm in aiding *nature* speedily to accommodate herself to the intentions of the great Architect of the human system. Thousands would resort to these waters were they but apprized of their alterative power and vitalizing energy.

SCHIRROUS AFFECTIONS.

It is fortunate for our race that schirrous affections are not more common. There are few, if any, which awaken greater sympathy among friends, or occasion more exquisite suffering among the afflicted.

To those who are thus called to suffer, or to sympathize, it is not a small matter to be assured that the Fauquier White Sulphur water has been subjected to the severest tests in this form of suffering; and that it has won for itself, under such trials, a reputation as a therapeutic, that must, when known, awaken gratitude, and especially as the other springs (as I am informed by high authority) are positively injurious in this disease. Very prominent cases can be referred to by any who may wish to inquire further.

CHRONIC THRUSH.

I was anxious to ascertain the effects of the Fauquier White Sulphur water on this form of disease. I am able to report but one case. It is the case of a lady. She was for a number of years the subject of this disease. Under medical treatment she found, for a time, temporary relief; but at length the disease became more alarming, and defied the efforts of science. Her last physician was eminent in his profession. He finally told her he could not relieve her, and advised a trial of the Fauquier White Sulphur water. Consumption had been the scourge of her family, and she had been, and then was, alarmingly threatened with it. She was afraid of the water, but finally tried it as a last resort. She was very soon well; and from being for many years emaciated and very delicate, soon became as fine a specimen of health as I ever saw.

BRONCHIAL AFFECTIONS.

During my last visit to the Fauquier White Sulphur, an affection of this kind connected with dyspepsia, which had defied medical treatment and mineral water, was greatly relieved by this water, and with perseverance for a reasonable length of time, would, I am sure, have been perfectly cured. So little has been done to preserve a knowledge of the result of this water in this and various other forms of suffering, that I could not get such information as would enable me to report cases, though I felt assured that many had been cured in different forms of chronic suffering that are not mentioned in this communication.

CHRONIC RHEUMATISM.

The Fauquier White Sulphur water, drank and used as a warm bath, is to be relied on as much, perhaps, as any other water in this distressing affection. I witnessed its effects with admiration and pleasure.

SNAKE BITES.

The distressing effects of the poison injected into the human system by snake bites, is sometimes productive of great suffering for many summers. The Fauquier White Sulphur water has been resorted to in such cases, and furnished

entire relief in a very short time. This is supported by testimony of the highest respectability.

The effect of poison oak, also, has been promptly cured by drinking the water, and applying poultices made with the water.

AFFECTIONS OF THE LUNGS.

Tubercular consumption is not considered to be curable, but a great deal passes for consumption that is admitted to be curable. Various cases supposed to be consumption have been entirely and speedily relieved by the Fauquier White Sulphur water. Cases of this kind, and of a very hopeless type, have been cured by the use of this water almost as far back as the memory of man reaches.

IRRUPTIONS OF THE SKIN.

Tetter in its worst form, and other irruptions of the skin, have yielded very readily to the action of this water, and especially when used externally as well as internally.

EFFECTS OF THE WATER UPON PERSONS FROM THE TIDE-WATER REGIONS OF VIRGINIA.

I was struck with what seemed to be a peculiar effect of this water on persons apparently in health from the tide-water regions of the State. It appeared to act as a specific on their liver and skin, throwing out bile in considerable quantities from the liver, and a large amount of purulent matter through the skin. During the escape of this matter, and through these organs, debility prevailed, and subsequently the system was toned up with astonishing rapidity.

CONCLUDING REMARKS.

I would remark, in conclusion, that many grains of allowance must be made for the opinion entertained by two classes of men as to mineral waters. Dr. Hervey remarked, I think, that no medical man in England who was above the age of forty at the time he made his discovery, ever admitted its truthfulness as to the circulation of the blood. There was another, but a much more numerous class, who regarded it as a humbug, *simply because* they took their opinions of it from those skeptics. Investigation went on, however, until the truthfulness of the discovery was universally admitted. In our own country there are men of scientific attainments and great conscientiousness, who can neither *see the fact nor admit the theory* that mineral water cures disease. But others of the first attainments in the profession are beginning to endorse with pleasure and confidence the assertion of the distinguished Dr. Armstrong, who says: "I dare pledge my word that if they be only fully and fairly tried, they will be found amongst the most powerful agents which have ever been brought to the relief of human maladies."

Now, my dear sir, if a blind empiricism in the use of mineral water, and an unchecked indulgence of the appetite under its highly stimulating power (which often takes place,) give results such as I have detailed, what might not be expected if used under the direction and control of scientific men, stationed at these invaluable fountains to study their action, ascertain their power, and guide the invalid in their use?

Before I conclude this communication I will give some direction as to how the traveller is to reach the Fauquier White Sulphur Springs.

If Richmond, in Virginia, is made a point for the *southern* traveller, then two

routes may be pursued by him in reaching the springs: one by Fredericksburg; and thence by stages, a distance of forty miles, to the springs; the other, by railroad and steamboat to Alexandria or Washington, thence by stages to the springs, a distance of forty or fifty miles.

From Fredericksburg the springs are reached in the same time by either of these routes. The passenger who arrives in Fredericksburg in the day will have to remain all night if he uses the stage from that place to the springs. If he goes on from Fredericksburg to Alexandria or Washington, he will be ready to start at the same time the next morning, and will reach the springs the same hour the next day with the Fredericksburg stage.

If the *northern* traveller makes Washington or Alexandria a point, then the springs will be reached from these points in one day by stages.

A railroad with lateral branches will soon be finished from Washington to Charlottesville and Richmond, which will pass very near the springs. It will then be in the power of the enfeebled invalid, north or south, east or west, by railroad and steamboat, to reach these springs without fatigue in a very short time.

Hoping the information I have attempted to furnish will be of some use in guiding the afflicted to sources of relief provided by the immediate hand of our Great Benefactor,

I remain yours,
THORNTON STRINGFELLOW.

Communicated for the Religious Herald.

MINERAL SPRINGS OF VIRGINIA.

STEVENSBURG, 1849.

MY DEAR BROTHER TAYLOR: For many years it has been your delight to contemplate the goodness of God. The most glorious manifestation of his goodness is seen in the provision he has made for the moral maladies of our race. Diversified as the effects of sin are seen to be in the various temperaments of the human family, yet the remedy is of such efficacy that, under its influence, the lion and the lamb are made to lie down together. Every modification of enmity against God can be controlled by it, and all hearts brought under its influence can be made one in Christ Jesus.

The next most impressive source of his goodness is the provision he has made for the relief of our physical maladies. What is wealth and all its attendant blessings when health is gone? and how impressive when fever rages, when pain distracts, when universal disorder threatens the citadel of life, to realize the goodness of God in providing for us some controlling agent that can vitalize the sinking energies, re-establish order in the deranged economy, and restore to us again the feelings of health and comfort.

But of late years I have been pained in contemplating an immense amount of suffering in our country, for the relief of which the healing art has discovered no remedy, and the number of such sufferers is painfully on the increase. Persons of all ages and habits are found in considerable numbers in every locality, who know not what it is to breathe in comfort; and, what is worse, they are strangers to the hope inspired by medical science or skill, that they can ever again enjoy the pleasure which health gives. It has seemed impossible, of late years, to secure for our offspring, under any system of training, more than a moiety of perfect physical development; and it originates in causes which we can neither detect nor control. For many years I have been in that class of unfortunate sufferers, for whose relief science holds out no hope. My sympathies, therefore, have been keenly enlisted in behalf of all such; and I am no doubt in a condition to be doubly impressed with any special manifestation of the

Divine goodness to this class of suffering humanity. During the past summer I was led to try the virtue of remedies prepared immediately by the hand of God—I mean our mineral waters. While using them at different fountains, I was associated with many of various ages and modifications of physical derangement, who, like myself, were strangers to the hope inspired by remedies which were known to relieve. Under such circumstances to witness prompt relief, as I did in many instances, to sufferers deemed hopeless in the walks of science, left on my mind an impression of the Divine goodness never before realized. To be silent, therefore, while so many hopeless sufferers are strangers to this merciful provision of a gracious God, would be sin. It ought to be made known. Jesus has connected with the cure of the soul a knowledge of the remedy, and to proclaim the remedy is a first duty of every spiritual beneficiary. The physical beneficiary should feel an obligation to proclaim the only remedy known on earth, capable of relieving so large an amount of physical suffering as now crowds around us on every hand. I think that more than half the suffering of our country is of a character which men of science and skill regard as beyond the reach of remedies known to the medical profession. For this class of sufferers our mineral waters hold out hope.

Now, as you are led by the duties of your office to mingle with society over half the States of our Union; as you have a heart practised to benevolence; as you daily witness forms of suffering, among friends as well as strangers, for which science has discovered no remedy, let me entreat you to make known to these hopeless sons and daughters of affliction the provision God has made for the relief of their maladies. In our highly favored commonwealth the Lord has displayed his goodness in their behalf on a grand scale. It would seem as if he designed, at some future day, to congregate in this mother of States the invalids of the world to taste his love and to proclaim his praise.

Actual experience shows that virtue has been infused, by the Almighty hand, into the mineral waters of our State, which, if skilfully used and called into requisition in due time, would make them equal to the cure of perhaps every form of chronic suffering known among us.

These healing waters gush forth from the laboratory of God in three separate and distinct mountain ranges of this good old commonwealth. The most numerous cluster of fountains is that in the Alleghany or western range. Around the White Sulphur, in Greenbrier county, and within some forty miles of it, there are about fifteen springs fitted up for invalids. These springs gush out on either side of the Alleghany ridge, or back-bone of North America. The next cluster of springs is that found in the Blue Ridge or middle range of mountains; there is quite a number of springs that are improved for the accommodation of the public in this range. The last cluster of springs is that found around the White Sulphur, in Fauquier county. Within twenty miles of this tastily improved fountain there are some twelve other springs known to myself, and how many more I know not.

Some fountains in the A leghany range are considered most potent in particular forms of disease. Those in the middle or Blue Ridge range are winning celebrity every day, as their sanative powers are developed. The fountains which have been tested by experience on the eastern range, combine in an eminent degree the qualities of both the others.

The adaptedness of any one of these various fountains for the cure of particular forms of disease has been ascertained by experience, and in no other way. While science has labored, and with great success, to ascertain their saline and gaseous contents, yet the reason why they cure is a mystery, because science has discovered nothing, either in their saline or gaseous contents, that will account for the cures they daily effect.

Experience testifies that none of them are adapted to the cure of acute disease, and that all of them are adapted to the cure of chronic disease.

How they act upon the human system, and why failures take place among those who seek relief in the curable classes of sufferers, has been for years the subject of close observation by a few scientific men residing at some of the springs in the Alleghany range. In conducting these observations, much valuable knowledge has been gained as to the best plan of securing the benefit which these waters are capable of affording.

These scientific observers have ascertained that some patients, for whose relief these waters are adapted, are positively injured by using them improperly; some by using an excessive quantity, others by using them at improper times. They have ascertained that certain conditions of the system unfit it for their profitable reception, and that these conditions can be removed by other known agents, and the system thereby prepared for their profitable use. They have ascertained that the power of these waters can never be fully realized until the water is taken up and fully incorporated with the fluids of the body, without being allowed to make a local escape. They have ascertained that there is no other agent known that equals them as an alterative. And in addition to this fact, they have ascertained that as they put forth their alterative power, they invariably build up the physical energy of the system at the same time. Hence you will see the debt of gratitude we owe those skilful and patient observers, not only for light to guard us against the great abuse which has so long prevailed in the use of mineral waters, but to guide us in their use to the highest sanitary results. There are but a very few of our mineral springs at which men of science have stationed themselves to watch their effects—to guide in their use, and to guard against their abuse. At the most of them an empirical use of the water still prevails, without any science, enlightened by experience, to guide it, or any individual to give the least instruction in the use of the water. The result is most unfortunate. An invalid often encounters much fatigue and anxiety to reach a watering-place; the mere excitement occasioned by this effort unfits his system, for the time, to receive with impunity one drop of the water; and at once, having no one to guide him, and without preparation, he drinks a quart or more, supposing that the more he drinks the better. The effect of this imprudence is a conviction on his mind that the water does not suit his case. He goes to another spring, and the same result takes place; he is discouraged, and returns home in despair to die. Great numbers of such cases occur every year with invalids whose condition is one that the water is perfectly adapted to relieve, provided it was properly used. Where the virtue resides, whether in the saline contents or in the gases, or in both, is, with men of science on the spot, an unsettled question.

These waters, when taken up into the general system, diffuse, very imperceptibly, a vitalizing influence, which by degrees equalizes the circulation, stimulates the secretions, purifies the blood, and restores the healthy functions of all the organs. The great object of every patient should be to diffuse the water, and to let it lie upon the system. This object is easily defeated; as by using too much it determines, generally, to the kidneys, bowels, or skin, and is thrown out of the system, or to the nerves, producing distraction. It is desirable that enough should be used to make a sensible impression upon the first named organs; but such is its tendency to escape through these organs, with some patients, that agents known to possess a restraining influence must be used. On the other hand, where those organs are torpid, other agents must be used to excite them, and thereby to invite the water to them.

Science, enlightened by experience, will always be needed to conduct their use to the highest results in some cases; yet, in general, there is common sense enough in the mass of sufferers, if guided by a little plain instruction, (such as ought to be posted up at every watering-place, on each bed-room door,) to

manage their own cases, and to secure relief from conditions of suffering otherwise hopeless.

From what I have seen, and from evidence the most unquestionable, I am of the opinion that for highly diseased conditions of the liver, and for chronic rheumatism, the hot springs have no equal. For relief to the whole circle of "chronic" ills, the Alleghany springs are rich in promise, and wonderful in success.

The springs of the middle, or Blue Ridge range, are returning multitudes of joyful beneficiaries to their friends every year, made whole by their untold virtues.

Until lately it has not been known abroad that in the springs of the eastern range such a power had been infused by the hand of our Creator for the relief of suffering humanity. The geological belt out of which these springs gush is a slightly elevated mountain range. On an average, its width is about twelve miles; its length is co-extensive with the Blue Ridge. And at the cluster of springs around the Fauquier White Sulphur, it is about midway between the Blue Ridge and the head of tide-water.

This geological belt, for the salubrity of its climate, the natural fertility of its soil, the beauty of its landscape, and the bland and elegant manners of its inhabitants, has no superior. This range is based on lime, magnesia, iron, copper, sulphur, alum, and coal. The springs of this range, at and around the Fauquier White Sulphur, for more than half a century have been giving relief to hopeless invalids, laboring under various forms of chronic suffering; and more hopeless cases were never relieved. The healing power of these waters upon those struggling cases, always created, for the time, a measure of astonishment, which nothing short of miraculous power could exceed. And yet these waters lay in neglect, and were scarcely known out of their immediate neighborhood, until that enterprising gentleman, Mr. Thomas Green, determined to make provision for the accommodation of the public, at what is now known as the Fauquier White Sulphur Springs. For beauty of design, and elegance of execution, this establishment has never been equalled at any watering-place in our country.

For years the waters of this splendid establishment have been performing their wonders upon invalids, who have visited them in great numbers. Yet such has been the interest excited by this establishment as a place of fashionable resort, and such the neglect of medical science to use these waters as a therapeutic, and to ascertain their action and proclaim their virtues, that but little has been made known abroad of this wonderful treasure, and especially for the relief of the most numerous class of sufferers—(I mean dyspeptics.) In my opinion these waters are not inferior in potency for the relief of this form of suffering to any which Providence has yet made known to us. And in addition to the sufferers of this class, those judged to be in consumption, (sympathetic, no doubt;) dropsical cases of the most hopeless type; kidney affections of most distressing form, and other cases of suffering, which, in the judgment of scientific men, were incurable, have been speedily relieved by them.

Now, my dear sir, can we contemplate such amazing manifestations of Divine goodness to our suffering race, as are to be seen in the various mineral waters of our State, without emotions of gratitude and praise? But the power of these waters to prevent chronic disease is a source of still greater gratitude. From what is now known, no doubt need be entertained that our mineral waters do possess the power to invigorate, in a very short time, the languid systems of those who are yet in health, when by any means they have been made to part with too great an amount of vitalizing energy, and thereby to prevent the appalling amount of chronic suffering which now prevails in our country. These chronic derangements of the human system creep unperceived upon all ages, but especially upon the young during the plastic period of their existence. The old adage, "an ounce of preventive is worth a pound of cure," never had a

more appropriate application than in this case. Now, the judicious use by our sons and daughters of these mineral waters for one, two, or three weeks, during the time of their summer vacations, and the same thing by their parents, guardians, or teachers, whose energies may have been overtaxed by care and business, would do more than all other things together to lessen the amount of chronic suffering, and to give to the world a more perfect development of intellectual and moral wealth.

These fountains are almost at our doors—not diffused, indeed, through every neighborhood; but, what is far better, clustered together, with all their variety of virtue, in each geographical division of our State, so that all can easily reach them, and pleasantly superadd to their physical benefits the social and refining influences which spring from elegant society. And in this is presented to the mind a peculiar provision of the Almighty, to be seen nowhere else, as if designed to fall in with the benevolent object of the gospel, that of uniting our race in love. For what is so calculated to unite those into whose hands the future destiny of the world is soon to pass, as early association? It not only assimilates, but binds together, and lays the foundation for future confidence and esteem, so essential in all social compacts.

Our springs of the eastern range are within a day's journey o all eastern Virginia, and if all of them were improved, would be sufficient for their reception; and they are not more than two or three days' travel from Boston and Augusta.

Those of the middle range are equally near to middle Virginia and the north. And the Alleghany springs run into the great valley of the west, where facilities for reaching them are very extensive, and will soon be perfected.

There is one reflection connected with this display of the Divine mercy which is painful—it is this: invalids of limited means are virtually excluded from the benefit. At the Alleghany and Blue Ridge springs, ten dollars per week are paid for board only; and five dollars per week I saw advertised as the price of the water to all persons who did not board in that establishment. How many other proprietors sell the water to invalids—and if they do, at what prices—I know not. Now, as a style of elegant accommodation and most sumptuous living are furnished at the Fauquier White Sulphur, at about one-third less than at the other springs; and as the water is free to all, without reference to the humble cottage or stately palace in which they may find repose; and as the proprietors are handsomely remunerated annually for their investment, it is to be hoped that with profit to the proprietors of other springs, the number of beneficiaries may be increased by a reduction of the expense that has been paid heretofore.

Now, sir, if you could be impressed with a sense of the value of these waters to the hopeless invalids of the world, and of the ignorance which prevails as to the right method of using them, so as to obtain their benefit, it would fill you with astonishment. Cases the most hopeless, which even baffled scientific skill, have been speedily cured by the impirical use of them; and yet that very science and skill know nothing of them as a therapeutic, although gushing out and performing their wonders in full view.

Some of the proprietors in the Alleghany range have commenced an annual publication of remarkable cases cured, for the information and encouragement of the afflicted. I have solicited a statement of some cases cured at the Fauquier White Sulphur, which I am confident, if faithfully reported, will compare with any on the calendar of despair.

The proprietor of every spring ought to publish prominent cases of relief every year. This would invite the superintending care of science in the administration, and more speedily apprize the world of the immense value of these waters.

With Christian regard, I am yours,

TH. STRINGFELLOW.

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